HEALTH EDUCATION – Basic to health education is a foundation of knowledge, attitudes, skills and behaviors impacting healthy lifestyles.		
End of Primary	4 th Grade	5 th Grade
Personal Wellness - Personal wellness	s embodies individual well-being, which incorp	porates physical, social, mental and emotional
health.		
PL-EP-1.1.01	PL-04-1.1.01	PL-05-1.1.01
Students will identify effective social interaction skills (e.g., identifying emotions,	Students will describe effective social interaction skills (e.g., identifying emotions,	Students will describe effective social interaction skills (e.g., identifying emotions, listening,
listening, cooperation, etiquette, politeness,	listening, cooperation, communication,	cooperation, communication, sharing, empathy,
communication, sharing, empathy, following	sharing, empathy, following directions, and	following directions, and making friends) that
directions, and making friends) that promote	making friends) that promote responsible and	promote responsible and respectful behavior.
responsible and respectful behavior. DOK 1 PL-EP-1.1.02	respectful behavior. DOK 2 PL-04-1.1.02	DOK 2 PL-05-1.1.02
Students will identify strategies for stress management, problem solving, conflict resolution, and communication (e.g., self-control, work and play collaboration, caring, forgiveness/reconciling, asking for help, active listening). DOK 1	Students will describe strategies for stress management, problem solving, conflict resolution, and communication (e.g., selfesteem, self-control, empathy, asking for help, forgiveness/reconciliation, how to apologize, active listening, anger management, standing up for one's rights). DOK 2	Students will recommend effective strategies for responding to stress, conflict, peer pressure, and bullying (e.g., fairness, compromise, standing up for one's rights, anger management, problemsolving, refusal skills, verbal/nonverbal communication). DOK 2
PL-EP-1.1.03	PL-04-1.1.03	PL-05-1.1.03
Students will identify ways that growth and development are unique to each person. DOK 1	Students will describe how physical, social, and emotional changes occur during preadolescence. DOK 2	Students will describe how physical, social, and emotional changes occur during preadolescence. DOK 2
illnesses and diseases, and the ability to	remain mentally and emotionally healthy.	n individual's physical health, the prevention of
	PL-04-1.2.01 Students will describe an individual's behavior	PL-05-1.2.01 Students will describe how an individual's
	and choices relating to diet, exercise, and rest	behavior choices and habits relating to diet,
	affect body systems (e.g., circulatory,	exercise, rest and other choices (e.g., tobacco,
	respiratory, digestive). DOK 2	alcohol, illegal drugs) affect body systems (e.g., circulatory, respiratory, digestive). DOK 2

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PL-EP-1.2.02 Students will identify strategies (e.g., diet exercise, rest, immunizations) and good hygiene practices (e.g., hand washing, using tissues) that promote good health and prevent diseases. DOK 1	PL-04-1.2.02 Students will explain how strategies (e.g., diet, exercise, rest, immunizations) and good hygiene practices (e.g., hand washing, using tissues, not sharing personal items) promote good health and prevent communicable (i.e., cold, flu, measles, strep throat, lice) and non-communicable (i.e., heart disease, diabetes, cancer, asthma) diseases. DOK 2	PL-05-1.2.02 Students will explain how strategies (e.g., diet exercise, rest, immunizations) and good hygiene practices (e.g., hand washing, using tissues, not sharing personal items) promote good health and prevent communicable (i.e., cold, flu, measles, strep throat) and non-communicable (i.e., heart disease, diabetes, cancer, asthma) diseases. DOK
PL-EP-1.2.03 Students will identify behavior choices (i.e., tobacco, alcohol) that result in negative consequences. DOK 1	PL-04-1.2.03 Students will identify behavior choices (i.e., tobacco, alcohol, illegal drug use) that result in negative consequences. DOK 1	PL-05-1.2.03 Students will explain risks associated with unhealthy habits and behaviors (i.e., tobacco, alcohol, illegal drug use). DOK 1
PL-EP-1.2.04 Students will describe social (e.g., getting along with others, serving as team members) and emotional (e.g., expressing feelings, self-concept) health. DOK 1	PL-04-1.2.04 Students will describe symptoms of common social and emotional problems (i.e., aggression, anxiety, depression). DOK 2	PL-05-1.2.04 Students will explain the importance of social and emotional health and the symptoms of common social and emotional problems (i.e., aggression, anxiety, depression). DOK 2
PL-EP-1.2.05	PL-04-1.2.05	PL-05-1.2.05 Students will identify resources (e.g. guidance counselors, drug counselors, parents, teachers) that are helpful for individuals seeking treatment or counseling for negative behaviors or addictions (e.g. drug addiction, eating disorders). DOK 1
PL-EP-1.2.06	PL-04-1.2.06 Students will identify self-management and coping strategies (i.e., goal setting, decision making, and time management). DOK 1	PL-05-1.2.06 Students will recommend self-management and coping strategies (i.e., goal setting, decision making, and time management) for maintaining mental and emotional health. DOK 2.
Nutrition - Nutritious foods are necess	ary for growth, development, and maintenance	of healthy bodies.
PL-EP-1.3.01 Students will identify nutrients (i.e., protein, carbohydrates, fats), which are important in the growth and development of healthy bodies. DOK 1	PL-04-1.3.01 Students will identify foods containing nutrients (i.e., protein, carbohydrates, fats), which are important in the growth and development of healthy bodies. DOK 1	PL-05-1.3.01 Students will identify the role of nutrients (i.e., protein, carbohydrates, fats, minerals, vitamins, water), which are important in the growth, and development of healthy bodies (e.g., strong bones and muscles, energy). DOK 2
PL-EP-1.3.02 Students will describe the overall purpose of the <i>Dietary Guidelines for Americans</i> 2005. DOK 1	PL-04-1.3.02 Students will describe recommendations made in the <i>Dietary Guidelines for Americans 2005</i> and the overall purpose of these guidelines. DOK 2	PL-05-1.3.02 Students will explain recommendations made in the <i>Dietary Guidelines for Americans 2005</i> and the overall purpose of these guidelines. DOK 2

Safety - Accidents are a major cause of injury and death to children and adolescents.		
PL-EP-1.4.01	PL-04-1.4.01	PL-05-1.4.01
Students will identify safety practices (e.g., use of seatbelts/helmets/life vests) for dealing with a variety of health hazards (e.g., crossing the street, talking to strangers) while at school, home, and play. DOK 1	Students will identify safety practices (e.g., use of seatbelts/helmets/life vests) for dealing with a variety of health hazards (e.g., crossing the street, talking to strangers, dealing with threatening situations) while at home, school, and play. DOK 1	Students will describe safety practices (e.g., use of seatbelts/helmets/life vests) for dealing with a variety of health hazards (e.g., crossing the street, talking to strangers, dealing with threatening situations) while at home, school, and play. DOK 2
PL-EP-1.4.02 Students will identify proper procedures to access emergency assistance (i.e., 911). DOK 1	PL-04-1.4.02 Students will identify proper procedures (i.e., calling 911, Heimlich maneuver, stop, drop & roll, apply pressure) for dealing with emergency situations (i.e., choking, bleeding, burns). DOK 1	PL-05-1.4.02 Students will identify proper procedures (i.e., calling 911, Heimlich maneuver, first aid) for dealing with emergency situations (i.e., choking, bleeding, burns, broken bones). DOK 1

PHYSICAL EDUCATION - Cognitive information can be used to understand and enhance the development of motor skills such as movement sequences and patterns. Individuals who understand their bodies and how to perform various movements will be safer and more productive in recreation and work activities.

Psychomotor Skills - Development of psychomotor skills contributes to the development of social and cognitive skills.

PL-EP-2.1.01	PL-04-2.1.01	PL-05-2.1.01
Students will apply fundamental motor skills:	Students will apply fundamental motor skills:	Students will apply fundamental motor skills:
Locomotor:	Locomotor:	Locomotor:
 Walking 	Walking	Walking
 Running 	 Running 	 Running
 Skipping 	 Skipping 	 Skipping
 Hopping 	 Hopping 	 Hopping
 Galloping 	Galloping	Galloping
 Sliding 	• Sliding	• Sliding
 Leaping 	 Leaping 	 Leaping
 Jumping 	Jumping	 Jumping
Nonlocomotor:	Nonlocomotor:	Nonlocomotor:
 Turning 	Turning	Turning
 Twisting 	Twisting	Twisting
 Bending 	Bending	Bending
 Stretching 	Stretching	 Stretching
 Swinging 	 Swinging 	 Swinging
 Swaying 	 Swaying 	 Swaying
Balancing	Balancing	Balancing
Fundamental manipulative skills:	Fundamental manipulative skills:	Fundamental manipulative skills:
Hitting	Hitting	Hitting
 Kicking 	Kicking	Kicking
 Throwing 	Throwing	Throwing
Catching	Catching	Catching
• Striking	• Striking	• Striking
 Dribbling DOK 2 	 Dribbling DOK 2 	 Dribbling DOK 2

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PL-EP-2.1.02 Students will identify the fundamental movement concepts: • Body awareness (what the body is doing) • Space awareness (where the body moves) • Time (how quickly the body moves) • Effort (how the body moves) • Relationship (relationships that occur while the body moves) DOK 1	PL-04-2.1.02 Students will explain the fundamental movement concepts: • Body awareness (what the body is doing) • Space awareness (where the body moves) • Time (how quickly the body moves) • Effort (how the body moves) • Relationship (relationships that occur while the body moves) DOK 2	PL-05-2.1.02 Students will apply fundamental movement concepts: • Body awareness (what the body is doing) • Space awareness (where the body moves) • Time (how quickly the body moves) • Effort (how the body moves) • Relationship (relationships that occur while the body moves) DOK 2
,	social health is strengthened by regular inv	volvement in physical activities.
PL-EP-2.2.01 Students will identify physical and social benefits that result from regular and appropriate participation in physical activities. For example: • Physical benefits: weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements • Social benefits: positive interaction with others, respect for self and others, enjoyment, self-expression DOK 1	PL-04-2.2.01 Students will describe physical and social benefits that result from regular and appropriate participation in physical activities. For example: • Physical benefits: weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements • Social benefits: positive interaction with others, respect for self and others, enjoyment, self-expression DOK 1	PL-05-2.2.01 Students will explain how physical and social benefits result from regular and appropriate participation in physical activities. For example: • Physical benefits: weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements • Social benefits: positive interaction with others, respect for self and others, enjoyment, self-expression DOK 2
PL-EP-2.2.02 Students will explain the importance of practice for improving performance in games and sports. DOK 2	PL-04-2.2.02 Students will explain the importance of practice for improving performance in games and sports. DOK 2	PL-05-2.2.02 Students will explain the importance of practice for improving performance in games and sports. DOK 2
Lifetime Physical Wellness - Students de	emonstrate knowledge and skills that promo	ote physical activity throughout their lives.
•	PL-04-2.3.01 Students will describe the components of fitness (i.e., muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance) and the FITT Principle (i.e., frequency, intensity, type, time). DOK 1	PL-05-2.3.01 Students will describe the components of fitness (i.e., muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory endurance) and the FITT Principle (i.e., frequency, intensity, type, time). DOK 1

PL-EP-2.3.02	PL-04-2.3.02	PL-05-2.3.02
Students will identify basic rules for participating	Students will explain basic rules for participating	Students will explain why basic rules for participating
in simple games and activities needed to make	in simple games and activities needed to make	in recreational games (e.g., four-square, horseshoes,
games fair. DOK 1	games fair. DOK1	table tennis) are needed to make games fair and
		enjoyable. DOK 2
PL-EP-2.3.03	PL-04-2.3.03	PL-05-2.3.03
Students will identify rules of play and	Students will explain how rules of play and	Students will explain how rules of play and
sportsmanship for spectators and participants	sportsmanship for spectators and participants	sportsmanship for spectators and participants during
during games and/or activities that make them	during games and/or activities make them safe	games and/or activities make them safe and
safe and enjoyable. DOK 1	and enjoyable. DOK 2	enjoyable. DOK 2

CONSUMERISM- Consumer skills are essential for individuals and families due to the availability of numerous products and services on the market, multiple advertising techniques, the need to make responsible financial management decisions, and to utilize resources impacting the community and environment. These skills can provide a foundation for becoming consumer literate and responsible citizens. Consumer Decisions/Advertising - Accessing and assessing consumer information, comparing and evaluating products and services, provides a basis for making effective consumer decisions. PL-EP-3.1.01 PL-04-3.1.01 PL-05-3.1.01 Students will identify the difference between Students will explain the difference between Students will explain the difference between wants wants and needs as it relates to consumer wants and needs as it relates to consumer and needs as it relates to consumer decisions. DOK 1 decisions. DOK 1 decisions. DOK 1 PL-EP-3.1.02 PL-04-3.1.02 PL-05-3.1.02 Students will describe major factors (i.e., Students will identify major factors (i.e., price, Students will identify major factors (i.e., price, quality, features) to consider when making quality, features) to consider when making price, quality, features) to consider when making consumer decisions. DOK 1 consumer decisions and will compare and consumer decisions and will compare and evaluate products and services based on evaluate products and services based on these these factors. DOK 3 factors. DOK 3 PL-EP-3.1.03 PL-04-3.1.03 PL-05-3.1.03 Students will identify ways consumer's Students will identify and explain ways Students will explain ways consumer's buying practices are influenced by peer consumer's buying practices are influenced by buying practices are influenced by peer peer pressure, desire for status, and advertising pressure and desire for status. DOK 2 pressure. DOK 1 techniques (i.e., bandwagon, facts and figures, emotional appeal, endorsement/testimonial). DOK 2 Financial Literacy – As consumers, individuals need a knowledge base for making financial decisions impacting short and long term goals throughout one's lifetime. PL-EP-3.2.01 PL-04-3.2.01 PL-05-3.2.01 Students will describe different ways to save Students will explain the purpose of a budget Students will describe various types of expenses money (e.g., piggy bank, local bank, savings and define the basic components (i.e., (e.g., food, clothing, entertainment) and savings bonds). DOK 1 income, expenses, savings). DOK 2 (e.g., piggy bank, bank account, savings bonds) and develop a simple savings plan that would achieve a specific goal. DOK 3 Community & Environment - People rely on and evaluate the services and resources provided through private, public, and nonprofit agencies in order to make effective consumer decisions. PL-EP-3.3.01 PL-04-3.3.01 PL-05-3.3.01 Students will identify consumer actions (i.e. Students will identify and describe consumer Students will describe consumer actions (i.e., reusing, reducing, recycling) that impact the actions (i.e., reusing, reducing, recycling) that reuse, reduce, recycle) and identify ways these

impact the environment. DOK 2

actions impact the environment (e.g., conserving resources, reducing pollution, reducing solid

environment. DOK 1

		waste). DOK 2
PL-EP-3.3.02	PL-04-3.3.02	PL-05-3.3.02
Students will identify the available health and	Students will identify and explain the available	Students will identify and describe the available health
safety agencies in a community that provide	health and safety agencies in a community that	and safety agencies in a community that provide
services:	provide services:	services:
 Health department 	Health department	Health department
Fire department	Fire department	Fire department
Sanitation	Sanitation	Sanitation
• Police	Police	• Police
 Ambulance services DOK 1 	 Ambulance services DOK 2 	 Ambulance services DOK 2

VOCATIONAL STUDIES—Awareness of careers starts in the primary grades and at the middle level more specific exploration experiences occur. The total experience through high school allows students to determine a career path that fits their interests, aptitude, and abilities, while providing strategies to prepare for a career. The basic skills, knowledge, and positive work habits for successful transition from school to postsecondary experiences and to life are addressed throughout a student's educational experience.

Academic, **Career Planning**, **Transition** - Many factors need to be considered when selecting a career path and preparing for employment.

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PL-EP-4.1.01 Students will identify reasons why people work	PL-04-4.1.01 Students will explain why people need to work	PL-05-4.1.01 Students will identify and explain why people need to
(i.e., food, clothing, shelter). DOK 1	(e.g., chores, jobs, employment) to meet basic needs (i.e., food, clothing, shelter). DOK 2	work (e.g., to earn money, to work with other people) to meet basic needs (i.e., food, clothing, shelter) and to provide self-satisfaction and enjoyment. DOK 2
PL-EP-4.1.02	PL-04-4.1.02	PL-05-4.1.02
Students will identify jobs (i.e., teacher, police	Students will identify jobs (i.e., farmer, nurse,	Students will identify jobs (i.e., art/music teacher,
officer) relating to 2 of the 14 Kentucky Career	truck driver) relating to 3 of the 14 Kentucky	carpenter, factory worker, engineer) relating to 4 of the
Clusters (i.e., Education, Public Service) and	Career Clusters (i.e.,	14 Kentucky Career Clusters (i.e., Arts & Humanities,
describe these jobs. DOK 1	Agriculture, Health Science, Transportation) and describe these jobs/careers. DOK 1	Construction, Manufacturing, Science & Mathematics) and describe these jobs/careers. DOK 1
PL-EP-4.1.03	PL-04-4.1.03	PL-05-4.1.03
Students will identify how academic classes	Students will describe how academic classes	Students will identify a range of academic skills
(e.g., reading and writing) relate to various	(e.g., reading and writing) relate to various	acquired in school (e.g., mathematics, reading,
jobs. DOK 1	jobs/careers. DOK 1	writing) and explain their importance in the
		workplace. DOK 2
		PL-05-4.1.04
		Students will describe how knowing one's own
		interests and abilities is helpful when selecting and preparing for a career path. DOK 2
		PL-05-4.1.05
		Students will identify resources (e.g., Career Day,
		guest speakers, field trips, informal personal surveys)
		that can be used to obtain career information. DOK 1
		PL-05-4.1.06
		Students will identify information that is important to
		include in the Individual Graduation Plan (IGP):
		Club/organizations
		Recognition /honors
		Interest /hobbies
		DOK 1

Employability Skills - Positive and negative work habits/ethics impact an individual's success in school and workplace.		
PL-EP-4.2.01	PL-04-4.2.01	PL-05-4.2.01
Students will identify how personal	Students will describe how personal	Students will explain how and why personal
responsibility and good work habits (e.g., attendance, work done on time, follow directions) are important at home, school, and work. DOK 1	responsibility and good work habits (e.g., attendance, work done on time, follow directions) are important at home, school, and work. DOK 2	responsibility and good work habits (e.g., school attendance, honesty, cooperation) are important at home, school, and work. DOK 2
PL-EP-4.2.02	PL-04-4.2.02	PL-05-4.2.02
Students will describe team skills (e.g., cooperation, communication) used to compete tasks more efficiently at home, school, and work. DOK 1	Students will describe team skills (e.g., cooperation, communication) and explain how these skills are used to complete tasks more efficiently at home, school, and work. DOK 2	Students will describe team skills (e.g., cooperation, communication) and explain how these skills are used to complete tasks more efficiently at home, school, and work. DOK 2
Communication/Technology - Special of	communication/technology skills are needed	for success in schooling and in the workplace.
PL-EP-4.3.01	PL-04-4,3.01	PL-05-4.3.01
Students will identify technology tools (e.g., electronic games, phones, computers) that are used in homes and schools. DOK 1	Students will explain how technology tools (e.g., computer programs, Internet, email, cell phones) are used in homes, schools, and jobs. DOK 2	Students will explain the purposes of technology tools (e.g., computer programs, Internet, email, cell phones) and how these impact productivity in homes, schools, and jobs. DOK 2